

SLEEP AND NIGHT-TIME



The place where I sleep:
(Draw your bed or where you sleep)



Most nights, falling asleep is:



Easy



OK



Hard

At bedtime, I usually feel:

Calm



OK



Sad



Worried



Tired



Things that help me sleep:
(Draw or write)



Most nights, I sleep through the night:

 Yes

 Sometimes

 No


If I wake up in the night, someone comes to help me:

 Yes Sometimes No

If yes, who comes to help me? _____

When I wake up in the morning, my body feels:

Rested



OK



Tired



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